



Emily Basford

Emily's passion for wellness began at a young age. She has been practicing yoga and clean eating for more than ten years. Trained in Economics and Business, Emily spent four years in the corporate environment working in revenue management before transitioning full-time into the wellness industry in 2017. As a private yoga instructor and wellness speaker, her current vision is to provide empowerment and life balance skills to business leaders who experience excess stress in their daily lives.

Emily has served two years as a professional health coach and fitness instructor for professionals seeking weight loss, improved energy, or stress reduction. Recently, she has held interactive workshops on the relaxation response with Tibetan Sound Bowls, the practice of self-care and authentic living, and restorative yoga to boost mood.

Emily studied at the University of Florida and received a Bachelor's degree in Economics with a minor in French studies. She also completed a Master's program in International Business. She is certified in Holistic Health Coaching from the Institute of Integrative Nutrition as well as Yoga & Ayurveda from the Association of Yoga & Meditation.

Session topics:

Wellness & Stress Management: The session touches on the impact stress has on our health and the ways in which we can effectively manage stress to feel more balance, health, and vibrant. This introduces attendees to the topics of mindfulness, meditation, and movement and offers tools to use in the future for stress management.

Yoga: Learn the brief history of yoga, styles of practice, and philosophy. Interactive experience for yoga stretches to relieve tension appropriate to do at home, at your desk, or on the go.

Meditation: Learn the brief history of meditation, various styles of practice, and ways you can easily adapt meditation into your life. Interactive experience of sample meditation styles to relax the mind and body.

Sound Bath: Learn about the history, instruments, and benefits of sound healing. Experience a sound bath to relax the body and restore the mind. Meditate to the live vibrations and music of Tibetan Singing Bowls and accompanying sound healing instruments.

Mindfulness: Learn what mindfulness really, how mindful living impacts your health, and tools to adapt mindfulness into your life. Fun interactive activity with mindful eating.

Happiness: Learn about the keys to happiness and the ways you can adapt these practices into your life. Interactive exercises to accompany the topic exploring the five senses.